

Symposium organized on "Madhumeh Mukht Bharat" under International Yoga Day



Kavinder Gupta, former Dy Chief Minister and others at a programme.

STATE TIMES NEWS

JAMMU: On the eve of International Day of Yoga, one month long Yoga Session organized by Vichar Kranti Manch International (VKMI) & Indian Yoga Association, supported by Sarv Uthan Trust.

In the series of programmes, a symposium on Definition, Symptoms, Causes & Treatment of Diabetes, held at

Environmental Park Raika.

Kavinder Gupta, former Dy Chief Minister was Chief Guest, Pt Chander Mouli Raina, Vice President Vidvat Parishad was Special Guest and Rattan Lal Mahajan (Rattoo Shah) Advisor VKMI & former President Warehouse House & Nehru Market Pedration, presided over.

The program started with

Vedic prayer by PN Jalla, Yogacharya. Chander Mohan Sharma, General Secretary VKMI welcomed the dignitaries and guests.

Dr Shreyansh Kumar Jain, State Yoga Commissioner, President VKMI & Vice President Indian Yoga Association explained details of the symposium.

Yogasans were practiced by

PN Jalla, Jitender Gupta, former J&K Additional Secretary, Angrej Singh, Vireshwar Singh, Abhinandan Jain, Anupma Puri, practiced Yogasan to prevent and cure diabetes. Arun Pachnanda Advisor VKMI & Vice President Bhartiya Yog Sansthan also practiced Pranayama.

Dr. Shreyansh Kumar Jain elucidated the intricacies of

diabetes, emphasizing its definition, symptoms, causes, and treatment.

Meditation was practiced by Kuldip Bhai, a preceptor from Brahma Kumaris. Ashok Gupta gave importance & significance of Hasya Yoga.

Dr Shreyansh gave some advisory about homemade medicines. KS Samyal, Dr Ashok Gupta, Anju Bansal presented some spiritual songs.

Different dignitaries from Bharat Vikas Parishad, Shantikunj Haridwar, Bhagwan Mahavir Meditation Trust & Meditation Centre Kup Punjab, Golden Day Care & Recreation centre for Senior citizens, Bhartiya Yog Sansthan, Senior Citizens Rejuvenation Centre, Nami Dogri Sanstha, also blessed with their gracious presence.

Three NCC Cadets bring laurels to JK&L NCC Directorate



Cadet Dishu Thakur



Cadet Mohit Kanathia



Cadet Arun Singh

STATE TIMES NEWS

JAMMU: Three cadets from the NCC Group Jammu have brought great laurels to the JK&L NCC Directorate by getting shortlisted for the prestigious Mountaineering Expedition 2024 to Mount Kang Yatse-II.

Cadet Arun Singh, son of Sub Amar Singh from SPMR College, Jammu, 2 J&K Boys Battalion, Cadet Mohit Kanathia, son of Khushi Ram from 4 J&K Battalion, and Cadet Dishu Thakur, daughter

of Rashpal Singh from GGM Science College, 2 J&K Girls Battalion, have achieved this remarkable feat.

The cadets were initially shortlisted at the Directorate level after excelling in the Basic Mountaineering Courses at HMI Darjeeling, where they all received Alpha Grading. They then underwent rigorous physical endurance tests and written assessments at the DG NCC Camp in Delhi, emerging amongst the top selected cadets from hundreds of participants.

participants.

This significant achievement was made possible through the timely support and guidance of Maj Gen RK Sachdeva, ADG JK&L Directorate. His leadership and encouragement have been instrumental in preparing these cadets for such high-level accomplishments.

The JK&L NCC Directorate is proud of Cadets Arun Singh, Mohit Kanathia, and Dishu Thakur, and wishes them the very best for their expedition to Mount Kang Yatse-II.

SR College of Competitions Launches Test Series for JKAS Prelims 2024

STATE TIMES NEWS

JAMMU: SR College of Competitions, a leading institute renowned for its rigorous training programs, has announced the launch of a comprehensive test series tailored for the Jammu and Kashmir Administrative Services (JKAS) Prelims 2024 examination. Following the resounding success of its recent test series for the UPSC Prelims 2024 examinations, which concluded on May 19, the institute aims to provide aspirants with invaluable practice and insights to excel in the upcoming JKAS prelims.

The test series, slated to commence from June 2, is designed to simulate the exact conditions of the JKAS Prelims examination, offering aspirants a strategic advantage in their preparation journey.

Featuring meticulously crafted question papers curated by subject matter experts, the

series will cover the entire syllabus comprehensively, enabling candidates to assess their strengths and weaknesses across various subject areas. Parveen Sharma, Director of SR College of Competitions, expressed his enthusiasm for the initiative, stating, "We are delighted by the overwhelming response received for our recent UPSC Prelims test series, which underscores the demand for high-quality preparatory resources among aspirants."

Building on this momentum, we are pleased to extend our offerings to cater to the needs of JKAS aspirants, equipping them with the tools and confidence to navigate the examination with ease."

The test series will feature regular 39 (sectional + full length tests) of General Studies and Csat, detailed performance analysis, and personalized feedback to facilitate

continuous improvement and targeted revision. Additionally, aspirants will have access to expert guidance and interactive doubt clearing sessions aimed at enhancing their conceptual understanding and exam-taking skills.

Aspirants keen on participating in the JKAS Prelims 2024 test series are encouraged to register promptly to avail themselves of this invaluable opportunity for structured preparation and assessment.

With the institute's track record of nurturing successful candidates, SR College of Competitions remains committed to empowering aspirants to realize their aspirations of a career in the civil services. Interested candidates may visit the institute's website i.e www.srcollegejammu.com. SR College of Competitions stands poised to support aspirants in their quest for excellence and achievement.

STATE TIMES NEWS

JAMMU: Bharat Vikas Parishad Shivalik Branch, Channi Himmat, Jammu, in collaboration with Hexamed Diagnostics & Specialty Clinics, organized a one-day Multi-Speciality Free Medical Health Camp at the Hexamed facility on Main Bypass Road, Channi Rama, Jammu. This initiative aimed to provide comprehensive medical services to the local community.

The camp featured specialists from various medical fields, including Orthopedics, General Medicine, Physiotherapy, ENT, Dentistry, Dietetics, Ophthalmology, and Gynecology. Free services provided included doctor's consultations, fasting blood sugar tests, serum creatinine tests, blood



Bharat Vikas Parishad Shivalik Branch members and doctors at a medical camp.

pressure checks, and weight assessments.

B.B. Sharma, the Prant President, inaugurated the camp as the chief guest. He was accompanied by dignitaries from Bharat Vikas Parishad Shivalik Branch and the staff of Hexamed. In his inaugural speech, Sh. Sharma praised the initiative, highlighting its importance in raising health awareness

and urged the organizing team to continue such beneficial programs in the future.

The camp successfully attended to over 70 patients, offering free consultations and tests to the general public. The event was well-supported by the cooperative and dedicated staff of Hexamed, who facilitated the smooth operation of the camp.

They also expressed their commitment to future collaborations for similar initiatives.

H.C. Vaid, President of Bharat Vikas Parishad Shivalik Branch, Channi Himmat, extended his gratitude to the chief guest, Hexamed staff, and the attending doctors for their contribution to the community. He emphasized that such programs align

with the SEWA BHAB initiative, aimed at serving society.

Prominent attendees included Ashok Gupta (Vice President, Prant), Ashok Gyatri, Ashok Khajuria (Secretary), Rakesh Sharma (Treasurer), Dr. Vijay Sharma (Media Parmukh), Shiv Ram Sharma (General Secretary, Prant), Arun Sharma, Shashi Gupta, Prof. Vrinder Gupta, Anju Bansal, and other notable members from the branch and prant body.

The event concluded with a vote of thanks from H.C. Vaid, who acknowledged the efforts of all participants and reiterated the branch's commitment to community welfare through ongoing and future health programs.

JKTMA demands DPC of Teachers/Masters

STATE TIMES NEWS

JAMMU: The Jammu Kashmir Teachers Masters Association (JKTMA) held its monthly meeting in Jammu, presided over by UT President Rakesh Singh Chambial. The meeting focused on pressing concerns faced by Teachers and Masters, with a special emphasis on the Departmental Promotion Committee (DPC) procedures for these educational professionals.

In his address, Rakesh Singh Chambial highlighted the discrepancy between the authorities' claims of implementing the National Education Policy (NEP) 2020 and the ground reality. He pointed out that the implementation of NEP 2020 is hindered by a severe shortage of Lecturers and

the absence of various subject streams in numerous higher secondary schools. This lack forces students into helpless situations, unable to pursue their preferred academic paths due to the unavailability of subject-specific Lecturers and the inflexibility in subject combinations. He asserted that the solution lies in filling all vacant Lecturer positions by promoting Teachers and Masters through the DPC process, especially in Science subjects, and introducing new subjects in higher secondary schools to offer students a diverse range of study options.

UT General Secretary Vivek Gupta expressed his frustration with the School Education Department's (SED) decision regarding a one-time exemption for regu-

larization and DPC processes. He criticized this move as a futile exercise that delays the regularization of In-Charge (IC) Lecturers and the DPC process. Gupta questioned the necessity of obtaining one-time exemption from the Administrative department when concerned Teachers and Masters have already secured pre-facto and post-facto permissions for higher studies through the proper channels. He argued that if such an exemption is essential, it should be applied to fresh in-service teachers after the issuance of the relevant notice.

UT Vice President Vikram Gupta praised the reform measures taken by the Director of School Education Jammu (DSEJ) and Administrative Secretary Dr.

Piyush Singla. He urged them to expedite the DPC process by implementing a 100 percent promotion quota as per the State Administrative Council's (SAC) decision. Filling all vacant Lecturer positions, particularly in rural higher secondary schools, is crucial for the academic progress of students who rely heavily on their Lecturers.

Chambial also addressed the issue of fraudulent distance learning degrees in the science stream, obtained through offline study centers and "tuck shops." He strongly urged the Commissioner Secretary to exclude such degrees from seniority lists, emphasizing that these degrees compromise the quality of education in the School Education Department (SED). He

noted that even the Jammu and Kashmir Public Service Commission (JKPSC) does not recognize these degrees for regularization and recruitment purposes.

The association passed several resolutions with a two-thirds majority, including issuing orders for earned leave for teachers who worked during summer vacations for various schemes; creating regular posts for Sarva Shiksha Abhiyan (SSA) Head Teachers; establishing a Teachers Welfare Fund; and enhancing the pay grade of teachers to be on par with other Union Territories (UTs).

Other notable speakers at the meeting included Parveen Singh, Rajesh Kumar, and Ankush Sharma, who also shared their insights and concerns.

Ankur inaugurates ESBD District Office in Jammu

STATE TIMES NEWS

JAMMU: National President Ekam Sanatan Bharat Dal (ESBD), Ankur Sharma on Sunday inaugurated the District Office Jammu in Roop Nagar, here. The event was attended by several office bearers and party workers. In his address, Advocate Ankur Sharma emphasized the party's preparation for the upcoming Assembly, Municipality, and Panchayat Elections. He called on party members to bolster their efforts at the grassroots level, particularly at the booth level.

Ankur Sharma, who recently ran for the MP seat from Jammu Lok Sabha, encouraged people to join the Ekam Sanatan Bharat Dal in large numbers.

He asserted that the party is the future of both India and Jammu and stressed the importance of expanding its presence throughout the country.

Ekam Sanatan Bharat Dal has fielded 20 MPs in the ongoing 2024 Lok Sabha Elections across various regions, including parts of the North East and Odisha.



National President ESBD, Ankur Sharma inaugurating the District Office at Jammu.

Natrang features Hindi play 'Rehearsal'



Natrang artists performing in a Hindi play 'Rehearsal'.

STATE TIMES NEWS

JAMMU: Natrang featured 'Rehearsal', a play in Hindi written by Lakshmi Kant Vaishnav and directed by Neeraj Kant on Sunday at Natrang Studio Theatre Kachi Chawni in its weekly Theatre Series, Sunday Theatre. In the play the writer has very satirically mocked on the people who want to do something without its proper knowledge and also without possessing the basic eligibilities of the field.

The play 'Rehearsal' very interestingly portrays the

rehearsal scenario of a play where the cast is all women. Though they (Kitty-mates) want to present a good show, their approach is not good enough and too much immature. The basic ingredients which are required to mount a professional theatre production like discipline, punctuality, team spirit, self-motivation, neutrality of the mind etc were all missing in these ladies and they were instead full of the traits like jealousy, gossip, lack of coordination and egotism.

The rehearsal becomes a free for all situation where every-

one reveals her mind in a dramatic manner. Though there is a director also but because of her own limitations and lack of mettle, she is not able to control the team. Where these ladies were required to act with compassion towards their fellow artists they had their own whims and fancies, few of them even had proud in their mind as their husbands are at higher posts resultantly they seek pampered treatment. Finally the rehearsal which was shown in the play Rehearsal ended up to be a chaos leaving a stern message that we need to be disciplined and committed to create a meaningful work of art.

Natrang's young actors who performed in the play included Vrinda Gujral, Vandana Thakur, Priya Kashyap, Payal Khanna, Lalita Sharma, Kushal Bhat, Sana Devi and Mehak Chib. Lights were operated by Neeraj Kant whereas the sound was rendered by Kushal Bhat. The show was coordinated by Mohd. Yaseen.

NC Leader Pushpinder along with supporters join BJP



NC senior leader Pushpinder Chadha with supporters joining BJP.

STATE TIMES NEWS

JAMMU: NC senior leader Pushpinder Chadha, who is also Block President of NC Sunderbani and NC worker for about 48 years, with his supporters joined the Bharatiya Janata Party (BJP) at party headquarters, Trikarta Nagar, Jammu.

Ravinder Raina, President, J&K BJP, and Kavinder Gupta, former Dy. Chief Minister welcomed him along with his hundreds of supporters into the party fold. Ex-Panch Sat Pal Sharma, Khiladi, Mohan Lal, Ashok Kumar, Mali Ram, Tara Mani, Sushil Ratan, Akram, Kamal Nath, Kali Das, Rajinder, Rakesh Kumar, and others were among the other prominent to join BJP on the occasion.

Ravinder Raina, while welcoming the new entrants into the party fold, appreciated Pushpinder Chadha for his active social work spread across many decades for the welfare of the

people. He said that now he has made the right decision to serve the people as a worker of BJP. He said that the BJP is committed to making the lives of people easier while improving the security scenario and giving pace to the development works in J&K. He expressed the hope that the new entrants will now further the mission of the BJP and serve the people with their dedicated efforts. Kavinder Gupta said that the people-centric policies and the clear intention to serve the people and strengthen the nation have been appreciated by the people across the regions and the religions. He said that the massive voting in this Lok Sabha election has proved that the people's faith in the democratic process has enhanced under the Modi government. Pushpinder Chadha said that he would leave no stone unturned to serve the people while working as a loyal soldier of the people.